

General Flexible Sigmoidoscopy Instructions

What to Expect During Your Sigmoidoscopy

- A flexible sigmoidoscopy allows your doctor to examine the lower portion of the colon (rectum and sigmoid colon) using a thin, flexible camera.
 - The procedure is typically brief and may be performed with or without sedation, depending on your specific situation.
 - Biopsies may be taken and polyps may be removed if found, even if the lining appears normal.
 - This procedure helps evaluate symptoms such as rectal bleeding, diarrhea, inflammation, or abnormal imaging findings.
 - The procedure usually takes 10–20 minutes.
 - Most patients go home the same day and may resume normal activities shortly afterward.
-

Before Your Procedure

Preparation Supplies

- Purchase two sodium phosphate enemas (Fleet® or equivalent) from the pharmacy
- No prescription bowel prep is required

Blood Thinners

- You must obtain prescriber approval to hold blood thinners for 2–7 days prior, if applicable
- Baby aspirin (81 mg) is OK to continue

GLP-1 Medications

- (Mounjaro, Ozempic, Trulicity, Wegovy, Semaglutide, etc.)
- Hold injection the week prior unless instructed otherwise

Insurance & Billing

Contact your insurance company to confirm coverage. Coverage and patient responsibility may vary based on findings. You may wish to ask about coverage for the following common procedure codes:

- Flexible sigmoidoscopy: CPT 45330
- Sigmoidoscopy with biopsy or polyp removal: CPT 45331, 45338
- Pathology (biopsy interpretation), if necessary: CPT 88305

Cancellations

Please provide 72 hours' notice to avoid a \$100 cancellation fee.

Pathology Services

If biopsies or polyps are taken, they are reviewed by our in-house GI-trained pathologists. Pathology services are billed separately, and patients may receive a bill from Endoscopic Solutions, PC for laboratory services depending on insurance coverage, in addition to charges for the physician performing the procedure.

Diet Instructions (Very Important)

Low Residue Diet – Start 7 Days Before Your Procedure

Follow a low residue diet for 5 days prior to your procedure. A low-residue diet means eating foods that are **easy to digest** and **leave very little waste behind in your colon**. This helps clean out your colon more effectively before your procedure.

✗ Foods to Avoid

- ✗ **Whole Grains & Fiber:** Whole-wheat bread, brown rice, oatmeal, granola, bran, cereal with fiber, popcorn
- ✗ **Seeds & Nuts:** Nuts of any kind, seeds (chia, flax, sesame), Trail mix
- ✗ **Raw or High-Fiber Vegetables:** Salad, lettuce, Corn, Beans, lentils, Broccoli, cauliflower, Cabbage, Onions, Celery, Tomatoes (including sauces with seeds)
- ✗ **Fruits with Skins or Seeds:** Berries, Grapes, Oranges, Apples with skin, Pineapples, dried fruit
- ✗ **Fiber Supplements:** Fiber powders, fiber bars, fiber gummies, protein bars with high fiber content
- ✗ **Any food with visible seeds or peels**

Day Before Your Procedure

-  You will receive a call with your final procedure time
-  Arrange a driver if sedation is planned. The driver will drive you, stay with you, and drive you home.
-  Stop all liquids 4 hours before your procedure, if possible

 **You may eat a normal breakfast**
At NOON, switch to a clear liquid diet only

✓ Examples of clear liquids

- ✓ Water (plain, carbonated, or flavored)
- ✓ Apple or white grape juice (no pulp)
- ✓ Lemonade or fruit-flavored drinks
- ✓ Clear sodas (cola, root beer)
- ✓ Tea or coffee without milk or cream
- ✓ Sports drinks
- ✓ Clear broth (bouillon or consommé)
- ✓ Gelatin, Jello
- ✓ Honey or sugar
- ✓ Hard candy (lemon drops, peppermint)
- ✓ Ice pops without fruit, milk, or seeds
- ✗ Avoid Red and Purple colors

Day of the Procedure

Enema Instructions

- **4 hours before your procedure:** Use one sodium phosphate enema
- **3 hours before your procedure:** Use a second sodium phosphate enema
- **Stool should be clear before arrival**